

# DINNERLY



## Cheesy Spinach Muffins with Parmesan and Cheddar



45 minutes



2 Servings

'Cheat's buttermilk' is a magical ingredient that gives a delicious tang and soft texture to these moreish muffins. The classic flavour combo of spinach and cheese will satisfy hungry little tummies.



## WHAT WE SEND

- 100g Greek-style yoghurt <sup>7</sup>
- 1 onion
- dill
- 50g cheddar <sup>7</sup>
- 50g parmesan <sup>7</sup>
- 50g baby spinach leaves
- 150g plain flour <sup>1</sup>
- 10g baking powder <sup>1</sup>

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 1½ tbs milk <sup>7</sup>
- 2 tsp white vinegar
- 2 tbs olive oil
- 20g butter <sup>7</sup>
- 1 egg <sup>3</sup>

## TOOLS

- 12-hole muffin pan
- box grater
- fine grater
- medium frypan
- small saucepan
- sieve
- wire rack

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 175kcal, Fat 10.5g, Carbs 13.9g, Proteins 6.5g



### 1. Make cheat's buttermilk

Put the **yoghurt**, **1½ tbs milk** and **2 tsp white vinegar** in a bowl and stir to combine.



### 2. Prep ingredients

Preheat the oven to 180C. Grease and flour 9 holes of a 12-hole muffin pan. Finely chop the **onion**. Finely chop **half the dill\***. Coarsely grate the **cheddar**. Finely grate the **parmesan**.



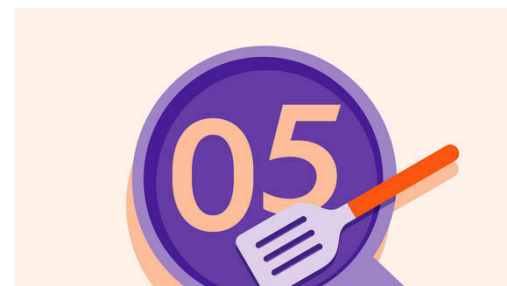
### 3. Cook onion and spinach

Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **onion**, stirring, for 5 mins or until softened. Stir in the **spinach** (see Make it yours) and cook for 1 min or until wilted. Season with **pepper**. Remove the pan from the heat and set aside. Meanwhile, melt **20g butter** in a small saucepan over medium heat. Remove from the heat and set aside to cool slightly.



### 4. Make batter

Whisk **1 egg** in a large bowl. Add the **buttermilk**, **melted butter** and **1½ tbs olive oil** and whisk to combine. Sift **150g (1 cup) flour**, **2 tsp baking powder** and **¼ tsp salt** into a separate large bowl. Stir in the **buttermilk mixture**. Add the **spinach mixture**, **dill** and **cheese** and stir until just combined (the mixture should be lumpy).



### 5. Bake muffins

Divide the **batter** evenly among the prepared muffin holes. Bake for 20 mins or until golden and a skewer inserted into the centre comes out clean. Cool the **muffins** in the pan for 5 mins, then transfer to a wire rack. Enjoy warm or at room temperature. **Makes 9 (1 per serve)**.



### 6. Make it yours

Trying to hide greens from the kids? Finely chop the spinach before adding it to the onion in Step 3 – they'll never know it's there.